

THE TERRY FOX  
FOUNDATION

# TERRY FOX SCHOOL RUN

"NOBODY IS EVER GOING TO CALL ME A QUITTER." – TERRY FOX



## PRE-RUN SPEECH

### We're here to help you "Try like Terry" and share his message of hope!

Here's a sample pre-run speech that you can edit and customize to fit your school event. Whether you're presenting it outdoors, virtually, or in a Google slide presentation, you'll be able to cover all the necessary information to build hype and motivate your students. Included is a link to our Terry Fox School Run video, "Anything's Possible", and the estimated duration of the video and each section of the speech is in the sidebar to help you schedule.

DURATION	PRE-RUN SPEECH
2 minutes	<p>Welcome everyone to the kick off for our 2022 Terry Fox School Run. It's 42 years since Terry's Marathon of Hope and we are proud to be carrying on this tradition at our school. Despite the challenges that Terry faced, he never quit. He set the bar high for himself when he started his Marathon of Hope, saying, "Nobody is ever going to call me a quitter." He never quit in his effort to help others suffering from cancer, and neither will we.</p> <p>To begin our assembly, we are going to watch a quick 10 minute video created by The Terry Fox Foundation, called "Anything's Possible".</p>
10 minutes	<p><b>Show Video: "Anything's Possible"</b></p> <p>Content includes never before seen archival footage:</p> <ul style="list-style-type: none"><li>• Terry's Marathon of Hope</li><li>• Interviews with the Fox family</li><li>• Personal stories from young cancer Survivors</li><li>• Research update from leading Oncologist</li></ul>

DURATION	PRE-RUN SPEECH
<b>2 minutes</b>	<p><b>Your school fundraising history:</b></p> <p>We hope you enjoyed that video and feel inspired to take on this year's Terry Fox School Run! I know I feel motivated! Our event is an opportunity to take action, show leadership and set examples of compassion and kindness towards others. Just like the video says, we can make a difference in the lives of those fighting cancer, if we try.</p> <p>Unfortunately, we all probably know someone with cancer, whether it's a family member or friend. We're all touched by cancer in some way and now it's up to us to show how much we care!</p> <p><u>Your school name here</u> has been a proud supporter of the Terry Fox School Run for <u>participation length</u> years, and we have raised an incredible \$ <u>amount raised to date</u> for cancer research.</p> <p>Let's all give ourselves a big round of applause (<i>wait for applause</i>)! That's a lot of money we have raised, and I know this year can be our best yet!</p>
<b>2 minutes</b>	<p><b>#TryLikeTerry Challenge:</b></p> <p>We're so excited to hold this year's Terry Fox School Run. The last two years have been tough but this event is sure to bring us all back together and build some great school spirit while raising funds for cancer research.</p> <p>One great way to build spirit and boost our fundraising is to have a Terry Fox Challenge! All we have to do is set a goal and then make a fun promise to everyone if we reach that goal. I'm excited to share with you all that this year's "Try like Terry" Challenge will be to raise &lt;\$xxxx&gt; and if we reach it, &lt;announce promise &gt;! We cant reach our goal if dont all work together so we need everyone to "Try like Terry" and do their very best to fundraise.</p>
<b>1 minute</b>	<p><b>How to donate:</b></p> <p>The safest and easiest way to fundraise is to do it online. Donors can simply click on our school fundraising link when we share it, or they can even search for our school name at terryfox.org. You can even create a custom page for yourself or your classroom to ignite your challenge! Let's share our school fundraising link as many times as we can, because the more we share, the more we raise for cancer research to help others.</p>
<b>1 minute</b>	<p><b>Closing and Terry Fox Quote:</b></p> <p>One of my favourite quotes from Terry is as follows: "I want to set an example that will never be forgotten." By participating in our Terry Fox event, we are continuing in Terry's footsteps and helping people that are fighting cancer. Thank you for watching today. Now let's all give it our biggest try ever and come together for cancer research!</p>